

## EUROPEAN CHAMPIONSHIPS 2018: LEARNING & TEACHING SUGGESTIONS

<b>Curriculum Area</b>	<b>Health and wellbeing</b>
<b>Curriculum Focus</b>	<p>Health &amp; Wellbeing : Physical Activity and Health</p> <p>Looking at the wellbeing benefits of participating in sport &amp; physical activity.</p>
<b>Why don't you....?</b>	<ul style="list-style-type: none"> <li>• In a group, discuss the many benefits of being physically active (mental/emotional/social / physical). Take some notes that you can use later.</li> <li>• From the discussion, carry out some research into one of the benefits you talked about. See if you can find some information or statistics, for example, the link between physical activity and sleep. Report this back to the group.</li> <li>• In a group, research the opportunities available to participate in physical activity, sport and sporting events in your school and the local community. Create a leaflet to inform your class of the opportunities available to them to improve their health.</li> <li>• Produce a piece of writing about a sport or a physical activity that you like doing. Why do you like it? How much time do you spend on it? How long have you been doing it? What impact does it have on your health? Use your discussions and your research to help you with your written piece.</li> </ul>
<b>Web Links</b>	<ul style="list-style-type: none"> <li>• European Championships homepage: <a href="https://www.glasgow2018.com/">https://www.glasgow2018.com/</a></li> <li>• UK Sport: <a href="http://www.uk sport.gov.uk/tickets/2018/08/02/european-championships-2018">http://www.uk sport.gov.uk/tickets/2018/08/02/european-championships-2018</a></li> <li>• Visit Scotland homepage: <a href="https://www.visitscotland.com/">https://www.visitscotland.com/</a></li> <li>• <a href="#">This Girl Can</a></li> <li>• <a href="#">See Me</a></li> <li>• <a href="#">Moodzone</a></li> </ul> <p>NB: Education Scotland is not responsible for the content of external websites and citation of a website does not imply endorsement by Education Scotland nor reflect the views of Education Scotland.</p>
<b>Now tell us.....</b>	<p>Use the hashtag #EdScotEuroChamps to tell us about what you've been doing. Let us know: Did you try any of these ideas out with pupils?</p> <ul style="list-style-type: none"> <li>• If so, what went well?</li> <li>• What other European Championship-linked activities did you engage in today?</li> </ul>